



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01301, Ice cream sundae cone

Report Date: July 16, 2017 19:12 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water	g	53.31	--	--
Energy	kcal	254	--	--
Energy	kJ	1061	--	--
Protein	g	3.00	--	--
Total lipid (fat)	g	14.00	--	--
Ash	g	0.80	--	--
Carbohydrate, by difference	g	28.89	--	--
Fiber, total dietary	g	1.0	--	--
Sugars, total	g	21.26	--	--
Minerals				
Calcium, Ca	mg	60	--	--
Iron, Fe	mg	0.36	--	--
Magnesium, Mg	mg	20	--	--
Phosphorus, P	mg	128	--	--
Potassium, K	mg	204	--	--
Sodium, Na	mg	115	--	--
Zinc, Zn	mg	0.56	--	--
Copper, Cu	mg	0.082	--	--
Manganese, Mn	mg	0.087	--	--
Selenium, Se	µg	2.3	--	--
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Thiamin	mg	0.090	--	--
Riboflavin	mg	0.213	--	--
Niacin	mg	1.111	--	--
Pantothenic acid	mg	0.356	--	--
Vitamin B-6	mg	0.050	--	--
Folate, total	µg	19	--	--
Folic acid	µg	14	--	--
Folate, food	µg	5	--	--
Folate, DFE	µg	29	--	--
Choline, total	mg	11.9	--	--
Vitamin B-12	µg	0.35	--	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	117	--	--
Retinol	µg	116	--	--
Carotene, beta	µg	14	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	410	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	2	--	--
Vitamin E (alpha-tocopherol)	mg	0.11	--	--
Vitamin E, added	mg	0.00	--	--
Vitamin D (D2 + D3)	µg	0.1	--	--
Vitamin D3 (cholecalciferol)	µg	0.1	--	--
Vitamin D	IU	4	--	--
Vitamin K (phylloquinone)	µg	0.5	--	--
Lipids				
Fatty acids, total saturated	g	2.717	--	--
4:0	g	0.000	--	--
6:0	g	0.082	--	--
8:0	g	0.051	--	--
10:0	g	0.101	--	--
12:0	g	0.302	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
14:0	g	0.403	--	--
16:0	g	1.175	--	--
18:0	g	0.603	--	--
Fatty acids, total monounsaturated	g	1.775	--	--
16:1 undifferentiated	g	0.100	--	--
18:1 undifferentiated	g	1.665	--	--
20:1	g	0.010	--	--
22:1 undifferentiated	g	0.000	--	--
Fatty acids, total polyunsaturated	g	0.747	--	--
18:2 undifferentiated	g	0.659	--	--
18:3 undifferentiated	g	0.067	--	--
18:4	g	0.000	--	--
20:4 undifferentiated	g	0.021	--	--
20:5 n-3 (EPA)	g	0.000	--	--
22:5 n-3 (DPA)	g	0.000	--	--
22:6 n-3 (DHA)	g	0.000	--	--
Fatty acids, total trans	g	0.000	--	--
Cholesterol	mg	15	--	--
Amino Acids				
Tryptophan	g	0.010	--	--
Threonine	g	0.022	--	--
Isoleucine	g	0.031	--	--
Leucine	g	0.058	--	--
Lysine	g	0.016	--	--
Methionine	g	0.015	--	--
Cystine	g	0.019	--	--
Phenylalanine	g	0.041	--	--
Tyrosine	g	0.023	--	--
Valine	g	0.035	--	--
Arginine	g	0.029	--	--
Histidine	g	0.018	--	--
Alanine	g	0.026	--	--
Aspartic acid	g	0.034	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Glutamic acid	g	0.295	--	--
Glycine	g	0.029	--	--
Proline	g	0.099	--	--
Serine	g	0.041	--	--
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	2	--	--